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Lambda Publications is the bi-weekly student newspaper of, by and for the students of Laurentian University. Lambda is funded through a direct student levy by members of the Students' General Association/Association Generale des Etudiants, yet remains autonomous from all university organizations, both student and administrative.



Editorial: The future of Lambda



It's difficult to believe that my first year as an editor at Lambda is coming to an end already: I can see my entire school year spread across the pages of 12 newspaper issues, and it seems surreal.

This year, and the success Lambda has experienced, would not have been possible without the team of editors, managers, writers, photographers and Board members who have helped the paper grow. During the 2014-15 school year, we've entered into collaborations with the Laurentian International Exchange Program, Laurentian's student radio CKLU, and recently, the SPAD blog.

To everyone we've pestered for interviews, begged for photo ops, and stepped in front of during sporting events, it's obvious that the paper would not be what it is today without the continued support of the student body and the Laurentian University faculty. Next year will be a year of changes for Lambda. We'll be losing some esteemed writers and photographers due to graduation, and they will be missed dearly. We'll also be in a year of transition, given our impending move towards online and broadcast journalism.

As some of you may know, Lambda TV officially launched late this fall, and although it was near impossible to maintain both the video news reports, as well as the print newspaper and our online content, next year

the staff and I will be working to ensure both mediums are consistently accessed. We'll be publishing weekly sports, news and entertainment broadcast news reports, some of which will broadcast on Eastlink's coverage of our school's sporting events, and are excited to see this long-awaited transition come to fruition. Of course, we'll

still be publishing print editions of the paper, although the print schedule is not yet determined.

This issue is our last for the 2014-15 school year, and we will not be publishing a summer print issue. To any students who have input on what they'd like to see more (or less) of in the paper, or have been itching to get involved, whether you're interested in

photography, graphic design, videography, administrative duties or journalism itself, I urge you to contact me before the next school year begins.

In the meantime, have safe, enjoyable summers, and we'll see you in September.

Kayla Perry,
Editor in Chief

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Letter to the editor: Regarding IAW

The Laurentian University Jewish Students Association strongly condemns Israel Apartheid Week (IAW) and the Boycotts, Divestment, and Sanctions (BDS) movement on our campus and as a whole. Though IAW's stated intent is to advocate for Palestinian human rights, their actions serve to demonize and delegitimize Israel.

First and foremost, the idea that Israel is an "apartheid state" is not grounded in reality. In Apartheid South Africa, South African citizens of colour were completely – excluded from the civil services afforded to whites by South African laws. Those marginalized did not have access to the same medical care, could not attend the same schools, visit the same beaches, or even use the same public restrooms. Needless to say, they also could not vote or run for public office.

Israel is a modern democracy that, under its Basic Laws, affords equal rights to all citizens, regardless of race, ethnicity, religion, gender, sexuality, et cetera. This includes Arab Israelis, who possess the exact same rights and privileges as Jewish Israelis. There is no legal distinction between the two. Arab Israelis can vote, can run for government, and are elected to the Knesset (the Israeli Parliament), serve in the judiciary and on the Supreme Court, and participate in all aspects of public life. Since the state's inception, Israeli Arab women have had full civil liberties in Israel, in contrast to some Arab countries, where women cannot legally vote, cannot run for public office, and, in at least one case, cannot even travel without male accompaniment.

The people living in the Gaza

Strip and West Bank are not citizens of Israel and have their own elected governments. As such, the comparison of modern-day Israel to Apartheid-era South Africa lacks integrity – it either ignores what Israel is today, what South Africa was then, or perhaps both.

Beyond its factual ignorance, IAW further outrages us for its insincerity. Norman Finkelstein, a prominent critic of Israel, berated the BDS movement for its "disingenuousness", saying its leaders "think they're being very clever" for their "three-tier [plan]" which includes "the end of the occupation...the right of return...and equal rights for [Palestinians] in Israel", knowing full-well that "the result of implementing all three is...no Israel".

Society cannot afford to accept that goal. Rather, we must strive for the peace that Israel has pursued endlessly for decades, and continues to do so.

Israel has twice attempted to help establish a Palestinian state, once in 2000 and again in 2008.

In August 2005, Israel enacted a unilateral withdrawal plan from Gaza. Since January 24, 2009, there are no Israeli settlements or soldiers in Gaza. In 2006, Palestinians had the opportunity to elect a democratic government that would strive for peace with their neighbours; instead, they elected Hamas (which Canada and other democratic nations consider a terrorist organization), who immediately targeted rival Palestinian political party Fatah, and began encouraging other groups to carry out attacks against Israel.

IAW and the BDS movement are an impediment to real peace and meaningful dialogue. Their fight to delegitimize Israel precludes discussion, serving only to further divide the two sides and promote the agenda of the few. The Legislative Assembly of Ontario unanimously condemned IAW, and at the national level, the Conservative Party, the Liberal Party, and the NDP have all denounced it.

IAW's efforts are not progressive,

but are based on a dangerously distorted reality. Even as Zionists, we would never call Israel perfect. We believe that, like any nation, Israel does need to be held accountable. Accountability and progress is best made through diplomacy, not rhetoric. As a society, and as inquisitive students who deserve more than propaganda, we must do better than Israel Apartheid Week.

Signed, Sidney Shapiro, LUJSA President Kirk Unger, LUJSA VP Jordan Feldberg, LUJSA VP Emily Caruso Parnell, President, Shaar Hashomayim Synagogue Dr. Jacques Abourih, Associate Professor, Northern Ontario School of Medicine Dr. Sheldon Tobe, Full Professor, Northern Ontario School of Medicine Dr. Marion Briggs, Associate Professor, Northern Ontario School of Medicine Dr. Carita Lanner, Associate Professor, Northern Ontario School of Medicine

At the height of his fame,
they changed the game.

RED
BY JOHN LOGAN
26 MAR to
4 APR 2015

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In the news

NOSM Board approves Strategic Plan 2015-20

After a Northern Ontario School of Medicine Board meeting on March 18, 2015, a five-year Strategic Plan has been approved for the school of Medicine. The plan, which spans from 2015-2020, was overseen by a 28-member Strategic Planning Advisory Committee, according to a media release issued by NOSM on March 19. The Strategic Plan was crafted during 2014, during which time NOSM’s CEO and dean, Dr. Roger Strasser, visited more than 50 northern, rural, remote, Franco-phone and Aboriginal communities to meet with individuals from

various networks and companies in order to discuss NOSM’s health-related needs. “With the new NOSM Strategic Plan, we aim to continue to work with Northern Ontarians to reach beyond extraordinary together,” said NOSM in an April 14, 2014, Facebook post. The Board Meeting was held using a combination of web and tele-conference connectivity, and comes as the follow-up to the 2010-2015 strategic plan.

The plan will officially launch in Sept. of this year, which also marks NOSM’s 10-year anniversary.

By Kayla Perry

2020
VISION

REACHING
BEYOND
EXTRA
ORDINARY
TOGETHER

NOSM

STRATEGIC
PLAN

2015
2020

Local partnership agreement attempts to stop fraud

On March 16, a partnership between Huntington University (HU), Greater Sudbury Utilities (GSU), and Northern Life was signed in an attempt to help fight fraud in Sudbury. The fraud prevention challenge was originally formed by the Huntington University Communications Studies student group, HUSC, and has since been endorsed by the Greater Sudbury Police Service. Originally, the students were tasked with the plight of increasing Sudbury’s awareness about the growing frequency of various scam attempts and fraudulent sales tactics, and to educate people about what they can do to protect themselves. The official articulation agreement includes the distribution of the HUCS Fraud Prevention Pamphlet in the March 19 edition of

Northern Life, as well as the official launch of a Social Media Campaign launched on March 11. The HUCS student team included Ken Bonder, Emily Jago, Samantha Servant, Caitlin Stransky, Maureen Sheehan and Sarah Kaelas. Kevin McCormick, President and Vice-Chancellor of Huntington University, said in a media release published on March 11, “Huntington University is extremely proud to partner with both Northern Life and Greater Sudbury Utilities to develop highly innovative community-based initiatives to ensure that members of our community are safe, secure, and well-informed.” For more information, follow @HUCScommunity on Twitter, or contact Wednesday Watson, GSU Communications Officer, at 705-675-0511.

By Kayla Perry



Photo by Kayla Perry

SafeWalk celebrates one year, considers plans for further expansion



**Kaitlynn Zygmunt,
For The Lambda**

Laurentian University's Safe Walk program celebrated one year of service on campus this fall, and program coordinator Jordan Pennington said plans to expand the program are "in the works."

"The architecture school has approached us about servicing their campus, and we think it would be a perfect opportunity for growth because there are a lot of students that are walking back to the bus station wanting to get back to the residence," said Pennington. The program launched for the first time on Feb. 1, 2014, and aims for students on campus to be accompanied by volunteer walkers around the university in the later hours of the evening. Students are accompanied by both a male and female volunteer, who are easily distinguished in the SafeWalk jackets (pictured above).

When the program began, Laurentian was the only university in Canada which didn't have a walk-home program, aside from the Royal Military College.

The SafeWalk program's hours were centered around the Pub Downunder's hours as of first semester, although currently the program is operational six days a week. Routes have also ex



Photo by Zara Golafshani

panded to cover areas such as the gym, library, and walks to and from residences.

SafeWalk also offers a wide range of times to accompany students around campus.

Spencer Rammeloo, the Vice Coordinator of SafeWalk, said that the program begins "at 5:00 p.m. and for most days we go until midnight. On (Friday and Saturday) we go until 3:00 am. We also

do a lot of special events. If there is a scheduled event at the Fraser or a basketball game at the gym we cover those too."

With the SafeWalk program expanding and growing in popularity, there are future plans on expanding their services into the downtown core, although Pennington said these plans are still tentative.

"Hopefully it will be next year,

there will be a lot of planning over the summer and even starting right now for the rest of the year. We will be talking to the (Students' General Association) and security mainly right now and then making a proposal for the architecture school but I think that is probably going to happen next year."

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Review: Hay Fever a success



Vanessa Di Feo, For The Lambda

This past weekend, I had the privilege of attending the final production of the 2014-2015 Thorneloe Theatre season: Noel Coward's Hay Fever.

Dr. Ian MacLennan directed this popular British play that takes place in the 1920s, which featured various students in the Thorneloe Theatre Department, as well as Professor Patricia Tedford (the coordinator of the Bachelor of Fine Arts) and local actor Ron Tough.

The play was performed in the Ernie Checkeris Theatre at Thorneloe University.

While the production was set to

premiere in early March (and run for two weekends), its schedule was shifted as one of the cast members was injured opening week. Thus, the show ran for less than one week, from March 11-14.

A British comedy of manners, Hay Fever takes place in the English countryside in the 1920s. The action revolves around the eccentric and highly dramatic Bliss family, which comprises Judith and David Bliss, as well as their children, Simon and Sorel. Judith is a retired stage actress who longs (and makes plans) to return to her craft, while David is a prolific novelist. The play takes place over a weekend, when each member of the Bliss family invites a special guest without knowing the others' plans. Upon witnessing the family's peculiar practices, the guests – ranging from a wealthy diplomat to a boxer – flee, trying to avoid further shenanigans.

Although the plot of this comedy is not as action-packed as

other productions that have been staged at Thorneloe, this production of Hay Fever was certainly one of the most entertaining shows seen at the theatre in the past several years.

As with all Thorneloe Theatre shows, this production was a collaboration between Thorneloe University and Cambrian College's Theatre Production Program. While Dr. MacLennan's direction of the show was superb, Ken Salah's direction of the technical aspects of the show was also excellent.

The lighting and sound throughout the production ran smoothly and created a very realistic atmosphere, allowing the audience to better suspend their disbelief. Furthermore, the set of the play was striking. Essentially, it took place in the Bliss family home; thus, the set comprised a living room, various doors, a staircase, and an upper level, all painted to look like hardwood.

Perhaps the most visually striking component of Hay Fever were the

costumes, which were widely appropriate for the time period and flattered the actors' physiques, dressed in clothing supplied by Stage and Street.

In terms of acting, Hay Fever was also very strong, on the whole. Perhaps the strongest performances were those of Marcus Dias, who portrayed the diplomat Sir Richard Greatham, and Professor Patricia Tedford, who played Judith Bliss. Both actors completely mastered the British accent (a performance challenge unto itself), proved to be completely in character throughout the show, and displayed excellent comedic timing.

Essentially, Thorneloe University's production of Noel Coward's Hay Fever was extremely entertaining, ending Thorneloe's 2014-2015 theatre season with a bang.

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The cast of Hay Fever perform on stage. Photo by Kenneth Salah.

Concerns of Gerontology program cancellation addressed

**Leanne Ofori-Atta,
For The Lambda**

In recent months, some questions have been raised regarding Huntington University's Gerontology program: specifically, if the program will continue to be offered in the 2015-16 school year, due to a decline of full-time professors in the program.

However, Krishan Venkataraman, the Chair of the Gerontology Department, stated that the program is "well laid out and secure."

"I don't know that there's any confusion in the program because the program is well laid out in the study guide book as well as online," said Venkataraman. "We have three full-time professors and we occasionally will have some part-time professors as well... We have a lot of programs offered by distance; I would say the distribution is closed to fifty-fifty. The bulk of students studying Gerontology reside in different places, so it doesn't make sense to do the program at Laurentian University when the majority of the students are anywhere in Canada. We need to have a certain number of students on campus to justify running the course."

Venkataraman continued on to state that decision making in regards to the program is divided into two groups: academic and administrative.

"Overall, I have heard some rumours and have been slightly confused as to how things are being handled," said first year nursing student Rachel Faubert, who admitted that, although she

"love(s)" the course she is taking in Gerontology, she does "think the program is a bit disorganized in regards to the communication between faculty and students."

The program, which studies old age and the process of aging is also home to the Huntington

University Gerontology Society (HUGS), which often hosts events such as seniors information and active living seminars.

"In any case, if students are confused in the way the program is administrated, they should feel comfortable enough to contact

the program director and ask for guidance. I see students regularly and there is no confusion once they have come to see me," said Venkataraman.

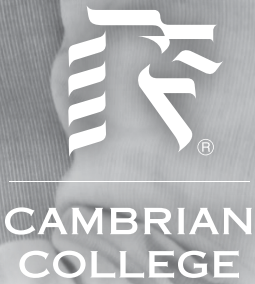
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‘I can’t picture myself at another school’: Graduating RA reflects

**Jessica Robinson,
Staff Reporter**

Armed with her textbooks, laptop, a large double-double, and her staple RezLife jacket slung over the back of her chair, fourth year Riley Bolt is the picture of a well-rounded Laurentian student. There’s hardly a facet of campus life that she isn’t involved with. And as the fourth year of her Bachelor of Sports Psychology comes to an end, Bolt is the first to praise the unique experiences and opportunities she’s had at the university.

“[What drew me to the Sports Psychology program was] definitely that it was specialized, and that it was the only one in Canada,” she recounts. Thinking back to when she first made the choice to come to Laurentian, Bolt acknowledges that even in a unique program such as Sports Psychology, she had the freedom to be flexible with her end goals. “Going into it, I didn’t actually know what I wanted to do. I knew that I wanted to be in sports, and I knew that in the end, I wanted to be helping people—that part hasn’t changed.”

Being a competitive swimmer for fourteen years certainly helped draw her to the program: and after two injuries took her out of the sport completely, Bolt became interested in learning how to motivate people to get back into sports.

Wanting to stay involved in the swim world in whatever way she could, Bolt used Sports Psychology’s internship program to her advantage and began working with the Laurentian Varsity Swim Team.

“[It] was a lot of massage therapy

and a lot of taping, and I’d do work on an individual basis to help [the team members] with whatever they needed,” Bolt explains.

“I was on deck with them three times a week; I traveled to all the meets with them. I went to Ottawa with them for their big championship meet in February, which was awesome. The season’s over now for them, but I’m still with them whenever they need. It’s very cool,” she adds.

Of course, the hardest part about working with the team “was not being able to swim. It was hard being on the sidelines; it was cool, seeing it from a different perspective, but it sucks—I just want to dive in, I want to go swim,” Bolt laments, although she isn’t one to

look at the glass half empty.

“It’s also nice, because you’re able to motivate the swimmers, and you’re able to speak to them from a different perspective; like, I’ve actually been where you are, I know what you’re going through.” Bolt’s desire to help people also manifested elsewhere throughout her years here at Laurentian, in her work on the RezLife team as a Resident Assistant: someone who lives on and watches over a floor in residence, running activities and acting as a go-between for the residents and the staff.

It’s just one more experience that brings people closer together on campus. “A lot of the training that the RA team went through

was amazing. We became this bonded family of forty,” Bolt says fondly of the group.

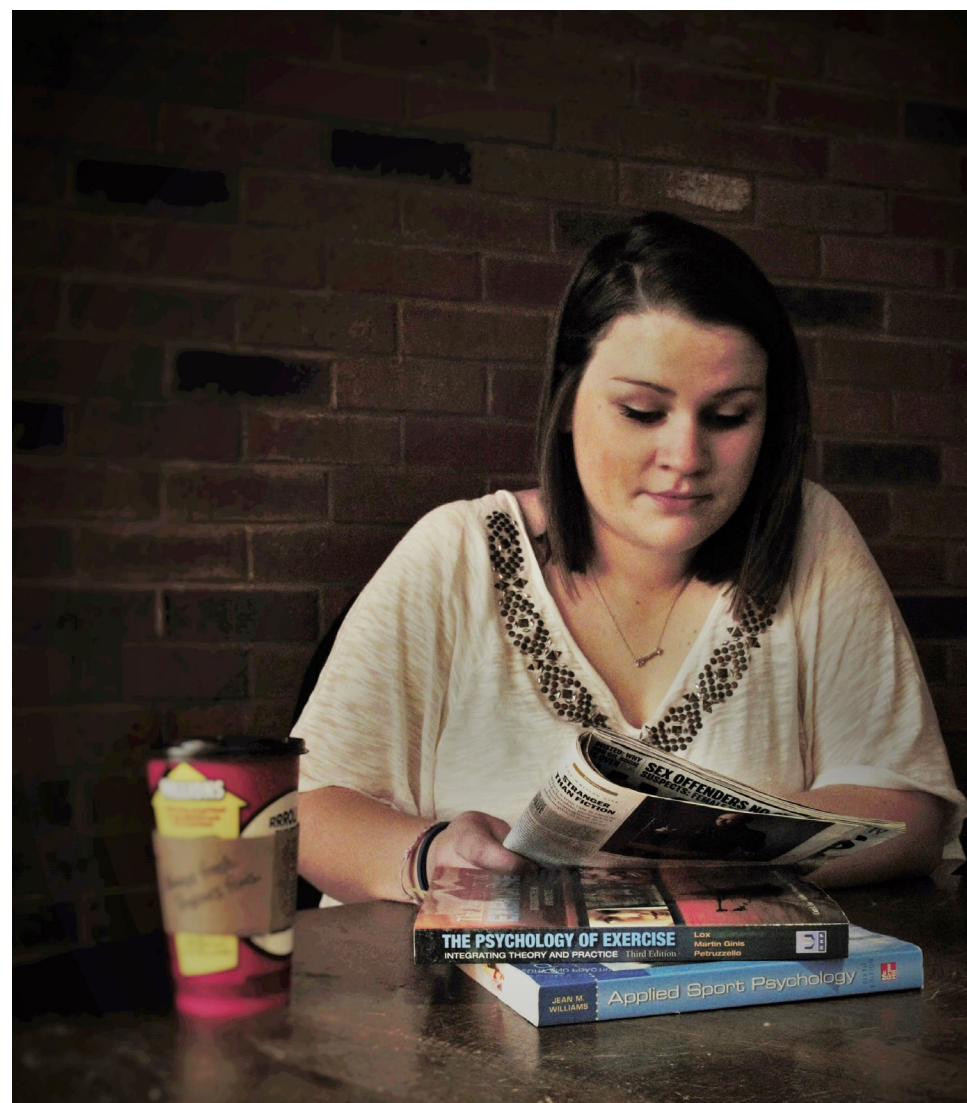
And though the job comes with its challenges, including but not limited to late nights, conflict, and trying to remember to keep your job out of your personal life, the good memories far outweigh any costs. “Last year I had someone come to me and thank me for everything I did for them,” Bolt remembers. “It was really nice to have him come to me and say, ‘Hey, thanks for everything, I really appreciate it.’ It was the last day of school and it was so nice. It was so rewarding.”

Bolt hopes to incur more memories like that in the coming years, stating that her goal for the upcoming years is to work in mental health and addictions.

“From there, I want to work with people as an exercise therapist, drawing from my sports psych background and my mental health background and combining the two,” she explains excitedly.

All in all, Bolt is earnest in her statements that she wouldn’t change a thing about her experiences at Laurentian. “I can’t picture myself at any other school,” she insists. “I’ve really identified myself as a person here, and I have a reputation here—a good one, hopefully,” she laughs.

“The opportunities I’ve come across and all the experiences I’ve been through, it’s completely changed who I am, who I want to be, and it’s been an amazing experience. This school has been my home for the last four years, and I do not regret a minute of it.”



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Basketball star reminisces

**Jessica Robinson,
Staff Reporter**

You've probably seen him in the Great Hall at lunch, or on the starting lineup of the Voyageurs Men's Basketball team; or you've passed someone wearing a sweater that spells out "North 705" in sparkly gold letters and thought, 'Whoa, where did they get that?'

One way or another, there's a good chance that Tychon Carter-Newman has impacted your experience here at Laurentian.

Now completing his fifth and final year at LU, Carter-Newman is happy to take a moment to sit back and reflect on his experiences here. Having been on the men's varsity basketball team for the duration of his undergrad allows him to compare the difference between being on the team in the first year to being on the team now.

"It was very different when I came in," he remembers. "It was a bunch of older guys and I was the young one; now I'm the old guy. It's kind of strange, in a way. I've learned a lot though, through the process. The older guys taught me so, so much; and then the young guys taught me a lot too, about how to be a leader, and how to motivate people."

Basketball didn't just serve as a pastime and scholarship source for Carter-Newman; it was also where an influential part of his clothing line, North 705, stemmed from.

"We used to joke and call Laurentian, 'Laurentian State,'" he remembers, "because a state means community, right? And we came up with it to say that Laurentian's tight-knit... It's almost like a small, division one school; that was our joke."

Carter-Newman then came up



with the idea for shirts that said Laurentian State on them, which their team coach wasn't a fan of, reminding the team that "we're not in the States". So he expanded on the concept.

"I liked the idea of making clothing that represents Laurentian, but that's different from what they already offer," Carter-Newman says.

The origin of the title 'North 705' is not quite as easily recalled.

"I thought it would be cool to have something that shows where we are, where we're from, and what we represent," Carter-Newman remembers. "That's pretty much how I came up with it."

Of course now the worry is that, as Carter-Newman moves on from Laurentian, so too will the beloved clothing line. But he's been talking with marketing for months, trying to work out a partnership so that the school can

take over and continue the line. "Hopefully that works out," he smiles. "We'll wait and see."

And on top of his entrepreneurship and involvement with varsity athletics, Carter-Newman is of course finishing his degree. "I'm majoring in Economics, minoring in Geography. I had a good experience studying economics—and I don't want to go any further with it," he laughs. "It taught me a lot about human behaviour, why people make the decisions they make, and I loved that aspect (of) it, but going forward, I don't want to continue with economics."

However, he said he doesn't plan on letting his degree go to waste. "[Now] I want to do urban planning, like community development," Carter-Newman explains, referring to the Masters programs he's applied to nationally, from Calgary to Montreal. "I've always had a passion for cities and communities. So it'll be like a mix of both [economics and geography]."

It's easy to get swept up in looking ahead and planning the future, but Carter-Newman is just as quick to look back at the decisions he's made that have brought him to this point. When asked if he would change anything in regards to his decision to come to Laurentian, he assures that he "wouldn't do one thing differently."

"I think this was the perfect place for me to grow," Carter-Newman contemplates. "This school is just different from all the other schools, you're part of a family here, where everywhere else you're just a number. So I don't think I would have done anything different. It was a wonderful experience. Yeah, there's been some ups and downs, but I still had a great time. I wouldn't change anything."

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VP Thornber works to complete final initiative before leaving SGA



**Kayla Perry,
Editor-in-Chief**

Jenna Thornber, who was first elected to SGA office in 2014, is “looking forward” to graduating this April.

The Vice President of Policy and Advocacy, who also serves as the President of the Human Kinetics Association and is a member of the Laurentian Cross Country and track team, has had a “busy year.”

“I knew Johnny Humphrey

(through my program), and he told me he was running for President. I kind of thought, ‘oh wow, that’d be a cool opportunity’ and decided to run for VP myself,” said Thornber, who was “surprised” to be elected.

In her election platform, Thornber vowed to work on connecting the students ‘down the hill’ (i.e. those students living in LUL residences) with the rest of the student body. She also emphasized a large focus on mental health promotion and offering financial aid for students.

“It’s been going well... I had a pretty successful year, and obviously there are things that I’m kind of hoping will carry on to the next position, but I did activities in the fall connecting with Eat Local Sudbury, and hosted Financial Awareness seminars through a

partnership with KPMG.”

Under her lead, the second Voyageur Cafe location also opened in the Ben Avery: a staple LU coffee stand which had previously only been available in the student centre.

As for her final project, Thornber is working towards the construction of a “Wellness Studio” which, if finalized, will be located in the gym of the renovated Alphonse Raymond building.

“That project is on-going right now, so it’s not for sure or finalized. I’m hoping (the studio will provide) a place for mental wellness, so a place for spiritual experiences, yoga, stuff like that.”

The studio is currently contingent on Laurentian receiving a grant from Bell, the host of Bell Lets Talk, and, if constructed, will be an open, quiet space for students

to reflect, do health exercises, meditate, etc.

All in all, Thornber suggests that the hardest part of her year was maintaining her studies, work with the SGA and track team commitments.

“It’s a balancing act. Luckily, (the SGA) team is supportive: they understand if I have to go away for a track meet or something like that. It’s a lot of scheduling around practice time and competitions, but I managed okay I think,” joked Thornber. “I’ve been an athlete my whole life, so you kind of learn how to time manage.”

In terms of the future, Thornber is “playing the waiting game” with a couple of companies regarding job opportunities, both in Sudbury and in Southern Ontario.

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Photo by Kayla Perry

After four years in office, Park



**Kayla Perry,
Editor-in-Chief**

If you spend any time at all in the student center, you'll definitely recognize Iain Park: at almost any given time, he can be found in the Students' General Association (SGA) office, headphones around his neck, listening to music.

For those of you who aren't familiar with him, here's everything you need to know: Park is a long-time Vice President of Student life in the SGA. Not only has he served in this position for four years, but he's also an owner of Rhythmworks, a Sudbury-based concert promotion business specializing in electronic music. This spring, he'll graduate with honours from Laurentian University, with a major in Communication Studies and a minor in Legal Studies, and is also a successful local DJ.

First elected to the SGA in 2011, Park reminisces that he felt like "just a kid" when he was elected. "I may have been immature, but I knew what I was doing with regards to the music and student life programming. (I was) kind of a fish out of water regarding the functionality of the association, but there were a number of conferences (I attended) that taught me a great deal about the job."

In part, he may be most known for the concerts he's held while

acting as VP, hosting artists such as The Adventure Club, The Arkells, The Weeknd, and Tim Hicks. His Mac Miller frosh concert sold-out, with nearly 2000 tickets purchased.

When another concert, featuring the Adventure Club, had to be postponed last minute due to the band's grounded flight, Park instead moved the party to The Grand, with Hydee headlining, and Park himself acting as opener and closer for the show, with the Adventure Club playing the following night at The TEN.

"We took in a lot of money for the association that weekend, in part because The Grand was closing and their liquor license was cancelled early by accident. This

meant I had to spend basically the 24 hours leading up to the show at the South End LCBO begging them for a Special Order Permit so that we could run the bar with the SGA Liquor License. Begging included a lot of paperwork, so I learned a lot. For the record, back-to-back sold out shows on back-to-back nights," Park recalls.

However, despite his success in this aspect of the job, Park insists that there are many other things SGA executives focus on in order to promote a functional corporation, including making tough decisions: a skill he attributes learning from his older brother, Andrew.

"I would say one of the most

important things I learned was how and when to make tough decisions, decisions (that) might include people that had become your friend. My brother was an assistant coach at Carleton for the Ravens men's soccer team (good riddance) and he taught me about (making decisions) and always looked out for me."

When reminiscing about his favourite time in office, Park reflects on his first year in office. "Mike Martino was the other Vice President in my first year, he was a dreamy ginger hippie and we were the best of friends. We each held each other up; he will always be fondly remembered. In all seriousness, one of the most stand-up, honest, and reasonable



Photo by Kayla Perry

prepares to leave the SGA for good

people I have ever met, and it was a pleasure to not only serve with him, but to be considered a close friend.”

Although he has come to cherish his time in office, Park admits that keeping the balance between school and his position in the SGA was difficult.

“(The position) it makes school 100 times more stressful. I guess that’s the hardest thing, the balancing act, and to tell you the truth it has been exhausting. If it weren’t for my close friends, and my family members I wouldn’t have made it. A support system is critical, and that goes for accessibility services as well. Family can only hear so many problems, if you’re having problems and it’s bugging you out, go talk to a counsellor, I’m happy I did.”

Regarding the incoming executive, Park maintains that key work is crucial in such a high-pressure position.

“The job has changed a lot since I started. (Now, when planning, you need to) give reasons, numbers, (and) proof of why your plan will work.. You need to be able to work with a team: this is no place for cowboys that do not want to work with their board, executive, council, or the school’s various administrative bodies.”

As for the future, Park said he’s “just trying to finish school like anyone else scheduled to graduate. I’m also looking for work: hopefully I’ll find something where I get to deal with public policy, marketing, event management, or public relations. Basically, any one of the four hats I’ve had to wear during my time at LU.”

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A look at @parkradio



If you’re wondering what my job is, I spend money for the student’s association, concerts etc..it’s the glory role



My fave person in the office is the cleaning lady, she only comes around once a week but it honestly brightens up my day



People drop their jaws when I outline my strategic plan for SGA Events, causing them to no longer think I’m an idiot. LOL



Basically, i’m single handedly responsible for decreasing LU’s gpa by 10 points per year lol. it is somewhat ironic spelling handedly wrong



Today a coworkers asked me if “grizzly Adams” was back, i said yes, the beard is in the process of returning.



So any laurentian students want a case of beer? I have 5 at my house, i keep trying to give it away, students are lazy lol



You know your headphones are too loud when you’re on the quiet floor and someone comes from 4 tables over to tell you it’s too loud



Photo by Kayla Perry

Men's basketball needs to bring 'consistent intensity': Swords

**Gabriel Rodrigues,
Assistant Editor**

Although Laurentian's men's basketball team managed only seven wins throughout the 2014-15 OUA campaign, their coach believes the Voyageurs "progressed well" as the season moved forward.

"We started off with a very tough schedule," said Shawn Swords. "But, (we) learned a lot, which helped us at the end of the year. When we worked hard for 40 minutes, we competed with the best in the country and when we didn't, we struggled against anyone."

Laurentian finished their OUA season with a record of 7-12, which left the Voyageurs in third place within the North Division just behind the eventual CIS silver medalist Ottawa Gee-Gees (18-1) and National Champion Carleton Ravens (17-2).

However, the Voyageurs' overall record that includes games against nonconference opponents was 9-15, which ranked Laurentian 32nd within the CIS at this season's end.

Nonetheless, Laurentian's third place finish within the OUA North was good enough to earn a preliminary first round playoff match-up against the York Lions (10-9) on Feb. 25.

Despite the Voyageurs losing to the Lions earlier in the season by a score of 83-66 on Jan. 9, this time around Laurentian managed to defeat York 87-84 at the Tait McKenzie Centre in Toronto.

According to Swords, early defensive stops and offensive execution "translated to a big lead" and an eventual OUA first round playoff victory against the

York Lions.

"They had beat us pretty easily at the start of the second semester," Swords said. "We didn't feel like we had played a great game in the sense that our energy and intensity was very low. So, we started this game off with some great defense and went into half time with a 12-point lead. They made a nice run right at the end of the game which closed the gap to one point, but again, we were able to play some good defense and end up with the win." After beating York, Laurentian earned an OUA quarterfinal match-up against the Ottawa Gee-Gees, in which the Voyageurs fell short of an upset and lost 116-71 at the Montpetit Hall in the nation's capital on Feb. 28.

While the Voyageurs lost rather convincingly against the Gee-Gees in the OUA quarterfinals, Swords said he didn't "put expectations on how far we could go" in the season.

"By the end (of the year), we truly believed in ourselves," he said. "We lost some games we could have won, and won some games we could have lost. The end result is winning a playoff game which is good and then losing to the eventually silver medalist at the CIS Championships. This group did a great job of adapting as the year progressed."

Third-year Laurentian player, Ryan Bennett, led the Voyageurs in scoring with an average of 16.5 points-per-game, which includes a 30-point performance in the OUA playoffs versus the York Lions.

Following Bennett was Laurentian captain Tychon Carter-Newman, as the fourth-year Voyageur

averaged 15.3 points, 7.2 rebounds and 3.5 assists per-game, eventually awarding him an OUA Second-Team All-Star finish.

Also, third-year player, Sam Hirst, contributed throughout the season in scoring for Laurentian, as he averaged 14.6 points-per-game.

Moving forward to next year, Swords is certain he will try to bring in some new recruits during the offseason, but also said

his current squad must start to develop their skills on both sides of the court.

"We were lacking some scoring and rebounding this year," he said. "The current players need to get out and work on their shooting, so we can all be a threat at the defensive end. We need to bring the same intensity to the game every night and need to limit our mental mistakes that add up."

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Tychon Carter-Newman basketball team. Photo by Gabriel Rodrigues

Women's basketball 'played hard' this season: Hurley

**Gabriel Rodrigues,
Assistant Editor**

Despite Laurentian's women's basketball team losing in the first round of the OUA playoffs to the Queen's Gaels on Feb. 25, their coach considers his squad's campaign an "improvement" from last year.

"We played hard and didn't quit," said Jason Hurley. "We got better and had more success, but it shouldn't be unexpected. We had players step up and it helped having more of a veteran presence, but it will still take some time for this team to transition into a contender."

The Voyageurs finished their OUA season with an 8-11 record, which was good enough for third in the North Division just behind the Carleton Ravens (9-10) and Ottawa Gee-Gees (14-5).

However, throughout the entire year, Laurentian's overall output including games against nonconference opponents, is an 11-17 record, which left the Voyageurs in eleventh within the CIS in winning percentage improvement (0.393) from last season's basketball campaign (6-22).

For Hurley, this winning improvement compliments exactly "what we are trying to accomplish here."

"Last year, we had six wins with four of them being against Algoma (2-24)," Hurley said. "We played hard this season and we beat teams like Carleton, Lakehead, York, U of T, Western, StFX, and Acadia. It will not get better with one year, but it is a step in the right direction for us."

With Laurentian's North Division third place finish, the Voyageurs

were granted their first OUA playoff appearance in four years, where they would take on and eventually lose 80-52 to the Queen's Gaels (11-8) on Feb. 25. Fourth-year player Devenae Bryce led the Voyageurs in scoring throughout the season

is still lacking some consistency especially on the defensive side of the ball.

The Voyageurs were fifteenth in the OUA with an average of 22.4 defensive rebounds per-game and fifteenth in points allowed per-game with 69.1.



Danielle Harris of the women's basketball team. Photo by Gabriel Rodrigues

with an average of 14.2 points-per-game, which was good enough for a top 10 finish within the OUA's individual scoring leaders.

Following Bryce's season output was Danielle Harris and Adrienne Moreau, as both fourth-year players contributed with an average of 12.5 and 9.1 points-per-game.

Even though Laurentian improved in a number of categories this season, Hurley believes his team

"Don't get me wrong, I thought we had a decent year, but the games we lost, we got beat by over 30 points. The one thing that should be constant within a top 10 program is defensive rebounding, which is not the case on our team."

While defense proved to be something the Voyageurs struggled with, Hurley sees Laurentian's offense in need of some further development because "our shooting

percentage was way too low."

Although Laurentian shot the second most three-point attempts in the OUA with 25.4, the Voyageurs' made three-point shots was an average of 23.7, which left them fourteenth in the province.

Also, the Voyageurs shot 32.3 percent from field goal range, leaving Laurentian, once again, in fourteenth position within the OUA.

Hurley said despite having some trouble on both sides of the court, his team is capable of "getting better."

"The games we won, our shots went in, and the games we didn't win, we didn't shoot the ball well," he said. "If we can improve on our field goal percentage, three-point percentage and then our defensive rebounding, then we should be alright.."

Laurentian has five graduating players this season, which includes fifth-year players Mary Scott and Rebecca Goodier, and fourth-year players Bryce, Moreau and Emily Case.

Hurley is certain these graduating players will be missed but said his team will have to adjust moving forward, and it starts with gaining "chemistry and working hard" during the offseason.

"Of course the more veteran player's you have, the better you will be," he said. "We will have good leaders in Danielle (Harris) and L'Ashante (Henry) next year, but unless some of our players actually stay here in the summer, we don't have a chance... At minimum, I want players to commit to 10 months because that's where you stand a chance to compete."

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Squires: Making the most out of your summer



Taylor Squires, For The Lambda

Have you ever noticed how the word 'summer' instantly brightens up a conversation?

Regardless of what you're talking about, adding the fact that summer is around the corner seems to remind us all that school is worth the struggle.

The weather starts getting warmer, days start becoming longer and everyone begins to embody a sense of carefreeness.

However, what some people do not realize is that the concept of summer holds an entirely different meaning for university students.

For the majority of us, summer-time means working as much as

you possibly can while attempting to complete a few extra courses so that you're not swamped when you return to school in the fall.

Personally, I think that we should all give ourselves a serious pat on the back.

We work extremely hard throughout the year and then work even harder while the rest of the world is sipping on cold drinks and comparing barbecue prices.

Now although it may seem like this year is going to be no different from the last, I have come up with a few ways that you can get the most out of your summer – even if you're interning by day and completing assignments by night.

Of course, it should come as no surprise that my first solution is

to try and spend as much time as you can outside.

Throughout the year, we are always stuck in our home office, the library or local coffee shops. With that being said, if you have to complete an assignment, set yourself up at a park or even at the beach (just try not to get any sand in your laptop).

If you're stuck working all day, take your breaks outside. Go for a walk or eat your lunch in the sun. This is the kind of stuff we can't do during the year so take serious advantage of it.

My next solution is to take a trip. It doesn't have to be far, but it has to be far enough to be considered a trip. I know you're probably thinking that there is no way you can make the time for it, but it's

important to take at least two or three days to get away. After all, you deserve it.

Also, make sure to bring people who are going to make it the best trip ever. If that means just you and your dog, so be it.

Finally, acknowledge the fact that the sacrifices you are making now are going to pay off, in the long run.

This is something that I often struggle with because sometimes it is hard to see the light at the end of the tunnel, but I can promise you that it's there.

So, work hard this summer but don't forget to take the time to bask in the magic of the season.

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What is the future of journalism?

**Kayla Perry,
Editor-in-Chief**

It's no secret that the newspaper industry is rapidly changing.

From print publications moving to primarily online content and charging for online access to publications staff being laid off in numbers too big to bear, journalism is changing: in an industry once loaded with fact checkers, multiple levels of editors, and design teams, the average journalist has gone from one person, sitting at a desk with a telephone and a typewriter, to an all-talented media guru, who must possess the ability to not only conduct interviews and write articles, but also take photos, shoot video, edit footage, fact-check, proof read, and layout their articles, all while maintaining a strong social media presence.

While it's natural for any industry to change, more and more journalists are realizing that there is only so much one person can do in a work shift, let alone a twenty-four-hour day.

Laura Gregorini, a former full-time journalist and mother of three, is no stranger to the stress and demands of a modern day career in journalism.

After obtaining of BA in Rhetoric/Italian Studies at Laurentian University and a Degree in Journalism from Cambrian College (both located in Northern Ontario), Gregorini started a placement at one of Sudbury's local papers, The Sudbury Star. After working in the placement, she was promoted to temporary reporter, and finally a permanent reporter.

During her tenure at the Star, Gregorini regularly covered the education, entertainment, and police beat: however, nearly seven years into her position at the Star, Gregorini would become pregnant for the first time, taking

maternity leave and never truly returning.

Gregorini stands firm in her opinion that media workers do not have fair labour rights. She explained that during her time at the Star, she worked gruelling hours, often even taking calls on her personal time, and still, she "very rarely" claimed overtime: until, that is, a union representative stated that she "should be compensated."

"I was familiar with the routine and the overtime hours involved with the life of a reporter. I couldn't leave the computer screen in mid sentence - if there was a late breaking story and I was on, then it was my duty to get as much information as possible before press time. Sometimes an editor would call me at home too, to clarify something in one of my stories," said Gregorini.

Gregorini's story is not uncommon. Around Canada and the U.S., media workers often experience similar circumstances: it appears as though journalism has become a lifestyle, rather than the nine-to-five job that Bob Vaillancourt remembered, during what he called the "best time of journalism."

Vaillancourt began his journalism career in 1970. A Sudbury native, he worked for numerous Northern Ontario publications before settling in to work full-time at the Sudbury Star for 38 years, during which time he also wrote freelance articles for Canadian Press and the Globe and Mail.

"When I started out, we were using typewriters: reporters were reporters and did nothing else. If you wanted assistance, you had research assistants, photographers, proofreaders, copy editors... It was a great time to be a journalist," said Vaillancourt.

He said the comparison today is that a journalist is expected to be

his or her own photographer, editor, proof-reader, and researcher. "So much has fallen on the shoulders of the individual that I'm not sure I'd want to work in that environment today... To be a journalist today is extremely stressful."

Vaillancourt also highlighted the dangers of citizen journalists to the journalism industry, stating that social media sites such as Twitter and WordPress blogs have enabled citizens to 'report' in real time, taking away from the popularity of later published news articles.

In fact, Vaillancourt went so far as to predict that in ten years from now, "journalism, as we know it today, is not going to exist." He urged anyone considering attending journalism school that they must be a "futuristic thinker": although he believes there will still be niche opportunities, he is sure that the industry will change in an even larger way than it already has.

In late 2010, Vaillancourt happily retired from full-time journalism, and is presently volunteering with the Salvation Army, stating that it is far from the stress of the newsroom, although he stated that no matter what, he "always had fun" working in the field and that there is "no other job in the world like journalism."

Gregorini's decision to leave full-time journalism, on the other hand, came when she recognized "the importance of being around (her) children in their early years." She said she "realized that working as a full-time reporter would not enable" her to live a family-oriented lifestyle which she yearned for.

After her third child was born, Gregorini began searching for jobs available in local media: however, she quickly realized that job availability is low, and competition is high.

"At a time when the industry is experiencing massive change, jobs are few and far between," she explained. "When a position comes up, there is some major competition. And for me, who wants a nine-to-five position, that's even more a rarity."

Currently, Gregorini is self-employed as a freelance writer. To date, her work has appeared in publications such as the Sudbury Star, Sudbury Living Magazine, Northern Ontario Business, and CIM Magazine. She also currently provides copywriting services for a marketing firm, and occasionally worked for the City of Greater Sudbury, writing initiatives and creating other press materials for local businesses.

Although Gregorini has a positive future outlook for the future of journalism, and specifically for women in the media, stating that things "could change," she said she would advise young journalists to know what they are getting into.

Although the high-stress, low-pay stigma has accompanied journalism jobs for decades, it is with continued further technological advancements that modern-day journalists are expected to do more, for less, in a much shorter time frame. The future of journalism is bleak, but one thing is for certain: the golden age of journalism has been replaced by the golden age of multitasking.

This article was funded by Media Works, a project of CWA Canada, in collaboration with the Canadian University Press and the National Campus and Community Radio Association. For more original labour stories and a handbook on media worker rights and labour reporting, visit www.media-works.org.

Horoscopes



Aries: Easy there, Bossy Betty-nobody likes your me-first attitude right now. Channel all that gusto and energy into something productive and you won't end up bugging everyone around you. Summer is almost here. Consider appearances.

Taurus: This summer, stop steamrolling others in your path. Others sense your presence a mile away, and you will have a commanding aura that people will respond to. Just keep the horns tucked away, Taurus.

Gemini: You're not always known as a dreamer, but this summer brings two things: a return home, of sorts, a place where you've always felt grounded and free to daydream. There's also a bout of insomnia brought on by ignoring the

messages those dreams bring.

Cancer: A busy summer schedule for you, little crab. Try not to get overwhelmed, and don't let a few modest successes propel your ego. Stay grounded, stay true, and allow others to follow your quiet lead.

Leo: For the self-starter in you, summer is both fruitful and rewarding. A great time for earning money, starting your own company, or striking out boldly while others say "wait!" The attention and respect you crave in others will come abundantly over the warm months.



Virgo: The Germans use the word "Fernweh" to describe that yearning for adventure, for travel, for new beginnings and stories to tell. Virgo,

this summer sees Fernweh filling your dreamy nights and if you can keep your emotions in check, will be ultimately rewarding.



Libra: Summer puts Libra to the test, as always. Balance knowledge with wisdom, fear with hope, lust with intimacy, and ideals with pragmatic results. And avoid shellfish.

Scorpio: That enormous decision that's been gnawing away at your attention? Soon to be resolved. The summer brings a short, feisty romance and the awe of strangers and new surroundings. Be cool, Scorpion.

Sagittarius: Get ready for a burst of productive, creative energy this summer. If you feel frustrated by the people around you and their

inability to see projects through to completion, don't take it out on them. Channel this energy into little projects and keep everyone happy.

Capricorn: You will be best summed up by the figure of the playful gambler, the charming trickster, the Peter Pan that appeals to all of us. Enjoy others' attention, but don't burn out too quickly.

Aquarius: This summer brings you an increased sense of taking care of your personal space. Whether that be distant or near, a regal palace or a basement apartment in Minnow Lake, your desires point you towards the home. Let all your decisions this summer consider this.

Pisces: This summer, your mind will be controlled by a nearly-unforgettable pop song that you will hear everywhere. Every grocery store, elevator and passing car will conspire against you. So dance, little Pisces, dance!



By: L. A. Bonté



Cafe

Weekly Menu for March 23rd - 27th





This symbol means the menu item is a HEALTHWISE choice. Healthwise means, lower sodium, higher fibre, and healthier fats with an emphasis on choosing items like fresh vegetables, fresh fruit, healthier snacks, and foods with whole grains.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
 BREAKFAST	PLT on a Bagel Peameal bacon, fresh tomatoes and crisp lettuce served on a toasted wholegrain bagel with a side sliced fruit \$5.79	Club Omelet A fluffy 2 egg omelet filled with diced chicken, tomatoes, bacon and cheddar cheese, served with a side of home fries and toast \$5.49	Belgium Waffle with Berries A large made to order Belgium style waffle, topped with an assortment of berries and whipped cream \$5.79	Steak & Mushroom Omelet Shaved Steak, sautéed mushrooms and Swiss cheese omelet served with toast and home fries \$5.49	Heuvos Rancheros 2 poached eggs served over crisp flour tortilla shells and topped with a fresh salsa sauce, cilantro, then topped with cheddar \$6.29	Look for our Combo Items Be Sure to try our 3 sisters chili served daily and ask to upgrade into an edible taco bowl for \$1.79 more.
 Soup of the Day	Macaroni & Beef Wild Rice & Mushroom	Spinach & Bean Cream of Chicken	Spicy Black Bean Vegetable	Minestrone Corn & Crab Chowder	Chefs Choice Chefs Choice	Our Fresh Homemade Soups make a healthwise choice because they are prepared using low sodium, MSG free bases, low fat milk and non-hydrogenated Margarine.
 STIR FRY	Lemon Pepper Linguini Al dente linguini noodles tossed with sautéed peppers, asparagus crab and shrimp in a lemon pepper infused butter sauce with white wine & asiago cheese, served with a whole grain roll \$8.59	Szechuan Pork Stir Fry Lean strips of pork loin sautéed with julienned carrots, peppers, onions, broccoli, shitake mushrooms and yellow zucchini in a spicy peppercorn & ginger sauce, served over rice noodles \$8.29	Warm Steak & Arugula Salad Pan seared strips of steak tossed with wilted arugula, shallots, cremini mushrooms and yellow bell pepper strips in a honey infused balsamic dressing \$8.29	Spaghetti & Meatballs A classic favorite of hand made Italian style meatballs cooked in a basil infused marinara sauce served over spaghetti noodles with garlic bread \$8.29	Candy Smoked Rainbow Trout Salad A blend of micro greens and fine julienned vegetables, topped with warm candy smoked rainbow trout and drizzled with a maple vinaigrette \$7.59	Pasta and Stir-fry section open from 11:00 am until 2:00 pm Monday to Friday
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